Complete Psychological and Vibrational Profile

For: Linh Beaumont

By: Alexandre Anatman

Introduction

My dearest Linh,

It is with infinite gentleness and deep respect for your journey that I speak to you today. As I immersed myself in the lines of your life, I was deeply moved by the power of your resilience.

You are like the Sacred Lotus. That flower which takes root in the thickest mud – the mud of hardship, exile and tears – to rise above the water and offer the world an immaculate beauty. You have crossed oceans, survived war, abuse and death, and yet here you are, your heart vibrant, seeking the light.

This document is not a judgment; it is a sacred mirror. A mirror polished with the wisdom of the teachings on human relationships, the healing of the soul's wounds and the Theory of Reality Creation (TCR). My aim is to help you see the invisible mechanisms that have woven the fabric of your existence, so that you can take up the pen again and write the next chapters with sovereignty. You are no longer that little girl who has to survive; you are a woman ready to Live.

Part 1: The Archaeology of the Soul - Origins, Body and Core Wounds

Welcome to this journey into the heart of yourself. To understand the "headstrong" yet secretly vulnerable woman you are today, we must return to the source, to your "Vibrational Genesis".

I. The Vibrational Genesis and the Initial Positioning

Everything begins with a primordial vibration. Your arrival on Earth, Linh, took place in a context of rare intensity, branding your vibrational identity as if with a red-hot iron.

- **The Context:** You were born in Vietnam in 1967, into a large family, with a mother who was a midwife and a father who was a military nurse, often absent. Very soon, fate separated you from your roots. At only 5 years old, you were sent to Cambodia to join your older brother, far from your parents, even before the civil war had fully broken out. You grew up in waiting, in uprootedness, and in terrible insecurity, scarred by sexual abuse from your uncle between the ages of 5 and 8.
- **The Initial Positioning (P):** According to the TCR, this dramatic context defined your starting identity. The violent message your soul received, especially after the tragic death of your brother and your mother's suicide attempt that followed, was: “I am guilty of being alive / My life is a mistake”. You absorbed the terrible idea that you had taken the place of the one who “should have” lived.
- **The Local Survival Interest:** To survive this chaos and this implicit maternal rejection, your unconscious developed a powerful strategy: Becoming “Indestructible” and Useful.
  - You became a "tomboy", a rebel, in order to exist in a patriarchal world that did not value girls.
  - You took refuge in intelligence, becoming the administrative pillar of the family in France, the one who handles everything, the adult before her time. You learned to be "headstrong" so as not to be crushed.

II. The Body-Temple as a Mirror (Somatic Decoding)

Your body, Linh, never lies. It is the measuring instrument of your vibration. Your current symptoms are deafening **Echoes (E)** of your soul wounds that have never been wept.

- **Type 2 Diabetes:**
  - **Symbolism:** Sugar represents sweetness, love and tenderness. Diabetes often speaks of a deep sadness, a feeling of “what's the point?”, and an immense need for sweetness that we don't know how to give ourselves or receive.
  - **Link with the wound:** It manifests the Wound of Rejection and Abandonment. It is the body crying out: “I need sweetness, because my life has been too bitter, too hard, too soon”. It is the sadness of the little girl who waited for her parents in Cambodia and received nothing but abuse.

- **Pain in the right shoulder and shoulder blade:**
  - **Symbolism:** The shoulders carry burdens. The right shoulder blade is often linked to the masculine side, to action, or to the father. This evokes the burden of responsibilities you carried far too young (administrative support, head of the family by proxy).
  - **Link with the wound:** It manifests the belief: “I must carry everything alone”. It is the weight of survivor's guilt. You have been carrying your brother's coffin and your mother's despair on your back since you were 11.
- **Urinary and digestive disorders (The belly):**
  - **Symbolism:** This is the seat of visceral emotions, of fear (“wetting yourself”) and of the digestion of life's events.
  - **Link with the wound:** You “swallowed” unbearable traumas (the abuse, the drowning, the exile) without being able to digest them emotionally. Your belly holds the memory of the fear of your uncle and the anguish of the refugee camp.

III. The Family Constellation: The Source of the Masks

Your family relationships were the crucible of your unconscious programs. That is where everything was played out.

- **The Mother (The Rejecting Pain):**
  - She embodied the Wound of Abandonment and Rejection. Her suicide attempt on the day your brother died was, for you, the ultimate rejection. Her gaze seemed to say: "Why is it you who lives and not him?".
  - **Impact on you:** This created an abyssal void and a guilt for existing. You had to become “useful” (intellectually, administratively) to “pay your rent” on Earth, because unconditional love did not seem to be available. You love her, but the relationship remains “complicated” because it carries the shadow of that rejection.
- **The Father (The Absent Hero):**
  - He represented the Hero, the ideal, but also Abandonment and Betrayal. A military nurse, often absent, giving his attention to his friends more than to his family.
  - **Impact on you:** His behavior encoded in you the belief: “I am not the priority of the men I love”. You tried to be a “boy” to catch his eye, to be worthy of this world of men. You learned to love from a distance, in waiting.
- **The Older Brother (The Ghost):**
  - He is the central figure of your drama. His drowning at the age of 11, on a day when you had refused to follow him, froze time.
  - **Impact:** You live with a ghost. A part of you stayed behind on the shore of that lake in the refugee camp. Out of loyalty to him, you unconsciously forbid yourself complete happiness.

IV. Summary of the Active Wounds (Lise Bourbeau)

My dear Linh, here is the map of your wounds. It is painful to read, but it is the beginning of liberation. Your soul bears the scars of childhood, and these wounds still steer your life today (lack of confidence, boredom, stagnation).

1. [DOMINANT WOUND]: REJECTION

• **Activated by:** Your uncle's sexual abuse (rejection of your integrity), your mother's suicide attempt (rejection of your presence), and your failure in the medical school entrance exam (rejection of your only recognized value: the intellect).

• **Your Mask:** The WITHDRAWER (but in disguise).

■ Usually, the withdrawer makes themselves very small. You developed a variant: Escape into the Mind and into Strength. You “escape” into your intellect, into your role as a pillar, or into “I'm bored” (which is an escape from living pain). You disconnect from your body and your emotions (as you said: “I don't feel anything,” “it's blocked”).

• **Typical behavior:** You feel “misunderstood,” you doubt your intrinsic worth (“Lack of self-confidence”). You are afraid of being a bother or, on the contrary, you rebel (“headstrong”) to prove that you exist.

2. [SECONDARY WOUND]: ABANDONMENT

• **Activated by:** The separation at age 5 (leaving for Cambodia), your father's repeated absence, your brother's death, and your husband's death in 2003.

• **Your Mask:** The DEPENDENT.

■ Even though you are strong, a little girl inside you is screaming with loneliness. You seek validation, love, presence.

• **Typical behavior:** The underlying sadness that dwells in you. That feeling of stagnation, of waiting for something (or someone) to come and save you from boredom. You need support but you are afraid to ask for it because you learned that “people leave.”

3. [TERTIARY WOUND]: HUMILIATION

• **Activated by:** Your uncle's sexual abuse (ages 5-8). It is a soiling of the soul, a secret shame.

• **Your Mask:** The MASOCHIST.

■ You have often “forgotten” yourself to handle other people's paperwork, for the family. You took on burdens that did not belong to you.

• **Associated Psychological Game (*Games People Play*):**

■ You may have unconsciously played the game “**I'm Only Trying to Help You**” (by being the administrative support) to buy your place, while nursing a hidden resentment (the “rebel” in you).

■ There is also a trace of the game “**It's Awful**” (*Ain't it Awful*) in the way you describe your illnesses and your stagnation, a way for the wounded child to get the attention and compassion she did not receive when things were truly serious (at age 8).

Linh, you built a fortress around your heart to protect that little 5-year-old girl. But this fortress, which saved you yesterday, imprisons you today in boredom and lack of confidence.

You are so much more than these wounds. You are the one who survived. And now, we are going to learn to **Live**.

Part 2: The Relational Analysis - Decoding the Games and Mirrors

My dear Linh,

Here we enter the hall of mirrors. If the first part of your profile was an archaeology of your inner being, this second part is an exploration of how your “Soul-Vessel” has navigated among others.

Know one fundamental thing: your relationships are never the result of chance. Nor are they punishments. According to the Theory of Reality Creation (TCR), the other person is always an actor, a “Coder of Reality,” commissioned by your unconscious to perform a specific play. The purpose of this play is to show you what you do not want to see in yourself.

You have lived through exile, loss and grief. Your adult relationships, especially with your husband and the men in your life, have been rehearsal grounds for your childhood wounds (Abandonment and Rejection). By decoding the “Psychological Games” (in the sense of Eric Berne's Transactional Analysis) you have played, we are going to free the energy locked in these past scenarios.

I. The Couple Relationship: The Mirror of the “Useful Sacrifice”

Your married life is the central pillar of your adult life. You shared your life and your work with your husband, until his tragic death in 2003. This relationship, although founded on love and on building a family of four children, carries the vibrational signature of your initial wounds.

The Dynamic: The “Collaborating Spouse” or the Luminous Shadow

After failing the medical school entrance exam — a personal tragedy that reactivated your wound of intellectual devaluation — you joined your husband in his dental laboratory. You became his “collaborating spouse.”

Vibrationally, this move is crucial. You went from “The one who wants to heal” (Doctor) to “The one who assists” (Collaborator).

- **The Mirror:** Your husband embodied Stability and Usefulness for you, but he also reflected back to you the image of the “second in line.” By working for him/with him, you unconsciously validated the belief born in your childhood (after your brother's death): “I cannot be the main hero of my life, I must serve the hero to have the right to exist.”
- **The climate:** A relationship of professional and personal fusion, where the boundary between “Linh the woman” and “Linh the collaborator” was blurred. This soothed your abandonment wound (by being indispensable to his work, you made sure he could not reject you), but it stifled your need for individuality (your “headstrong” nature).

Transactional Analysis (The Ego States)

In this couple and work dynamic, the two of you often occupied complementary but rigid positions:

• **Him (The Controlling Parent / The Child King):** As the owner of the laboratory, he held the central place. He could be in the role of the one who leads (Parent) or of the one who needs technical and administrative assistance (the Child who needs his mommy-secretary).

• **You (The Nurturing Parent / The Adapted Child):**

■ Often as the Nurturing Parent: You managed, you organized, you supported. You reproduced the role you had taken on as a child in France: the one who handles the paperwork, the one who carries the family. It is your way of saying "I love you": "I take care of you."

■ Sometimes as the Submissive Adapted Child: You put your own dreams (medicine, total independence) on hold to serve the "family unit." You adapted to his rhythm, to his business.

The Psychological Game: "If It Weren't for You..." (Positive variant)

Although you did not play this game in a vindictive way, there is a subtle form of the game "The Good Wife" or "The Saint."

• **The rule of the game:** "I sacrifice my personal ambitions for the common good, and in exchange, I receive security and social recognition."

• **The trap:** This game allowed you to avoid facing your own fear of failure (after the medical school entrance exam). Your husband served as a "shield". As long as you were helping him succeed, you didn't have to risk your own personal failure.

• **The Hidden Benefit (Psychological gain):** It fed your need to be Indispensable. If you are indispensable, no one can abandon you (or so you believe). It is a bandage over the wound of Rejection.

II. The "Mirrors of Absence" Relationships (The Karmic Pattern)

Linh, there is a heartbreaking common thread in your life with the Masculine. It is not a "toxic" relationship with a narcissistic pervert, as we so often see, but a "karmic" relationship with **The Man Who Leaves**.

Let's analyze the masculine trinity of your existence:

1. The Father: The absent hero, a soldier, turned toward his friends. He is there without being there.

2. The Older Brother: The ideal man (your protector in Cambodia), who dies suddenly (drowning). He leaves for good.

3. The Husband: The life partner, who passes away in 2003. He leaves for good.

The Profile of the "Karmic Partner"

You attract (or your soul chooses) men you love deeply, "good" men (heroes, hard workers), but who end up imposing the ultimate ordeal on you: **Absence**.

Why you attracted this (TCR Decoding)

This is where we touch the heart of your programming.

• **The Unconscious Signal:** Since your brother's drowning and your mother's suicide attempt, your vibrational body has recorded a terrible equation: "Loving a man = Losing him + Guilt for surviving".

• Your Abandonment wound is so active that it **creates what it fears**. You live waiting for the loss. The Universe, which is a neutral mirror, validates this belief by confronting you with widowhood.

• **Survivor's Guilt:** A part of you thinks (wrongly!): "I don't deserve to be happy in a relationship because my brother died and I wasn't with him". Unconsciously, your husband's death comes to reactivate this imaginary karmic "debt". You find yourself alone, as if to atone.

The Spiritual Lesson

These departures are not cruelties of fate. They are harsh but powerful teachings. They force you to answer this question: "Who are you, Linh, when you are no one's 'daughter', no one's 'sister' or no one's 'wife'?"

Through emptiness, the Universe is pushing you to become your own source of security. It is asking you to move from "Emotional Dependency" (even a subtle one) to Divine Autonomy. As long as you look for a man to fill the void left by your brother or your father, the void will keep coming back.

III. Your Current Patterns of Escape and Self-Sabotage

Today, you are a widow, your children are grown. You call yourself "stuck", prey to boredom and lack of confidence. This is not just depression, it is an active defense mechanism. It is a Psychological Game you play with yourself and with life.

The Game: "Wooden Leg" or "I'm too..."

• **The premise of the game:** "What can you expect from a widowed woman who has suffered so much, who failed medical school, and who is approaching sixty?"

• **How you play it:** You use your past (your "heavy history", your illnesses, your age) as an unconscious excuse not to take action.

• You say: "I'm bored", "I don't know what to do", "I lack confidence".

• **The real goal:** It is a protection. If you stay "stuck", you risk nothing. You don't risk failing again (as in medical school). You don't risk loving and losing again. Boredom is a fortress. It is the dead calm that keeps the storm away.

The Game: “Yes, But...”

During our exchange (transcript), this dynamic can be felt.

- You are offered solutions, keys, visions.
- Your energy often answers with “Yes, that's true... but I'm stuck”, “Yes, but I don't feel anything”.
- This game serves to defeat whoever wants to help you (the therapist, the friend, the child) in order to prove that your problem is unsolvable. Why? Because if your problem is unsolvable, then you don't have to change. And if you don't change, you stay loyal to the family melancholy. You stay loyal to your brother's ghost. Healing, being fully joyful and powerful, would feel like betraying them, they who suffered.

The Root Cause: Invisible Loyalty

Linh, your self-sabotage (this stagnation) is a form of misguided love.

You unconsciously forbid yourself from going beyond a certain threshold of happiness.

- If you succeed too brilliantly, you surpass your father (who was absent/a soldier).
- If you are too alive, you insult the memory of your brother who died at 11.
- If you are too happy, you drift away from your mother, who lived in pain.

Your “lack of confidence” is in reality a **Prohibition of Power**. You have the strength of a tigress (you survived the jungle, the camps, exile!), but you have put that strength in a cage. You are afraid of your own light because you associate it with danger.

But today, the game is over. You have seen the mechanism. You know that “I'm bored” is a lie meaning “I'm afraid to live”. And fear, my dear Linh, is only love holding its breath. It is time to breathe out.

Part 3: The TCR Matrix - The Invisible Mechanics of Your Creation

My very dear Linh,

We have explored your past (the archaeology) and your relationships (the theatre). Now we are going to step into the engine room. We are going to answer the question that may be haunting you without your daring to put it into words: “Why has my life taken this shape, and not another?”

According to the Theory of Reality Creation (TCR), **the Universe is not a bearded judge sitting on a cloud handing out gold stars or punishments. The Universe is a gigantic 3D photocopier.** It is neutral. It simply materialises what you vibrate.

You are not the victim of your destiny, Linh. You are the Unconscious Director of a grand and tragic play. Until today, you have directed the actors (the events, the people) from the wings, in the dark, guided by fear and guilt. Today, we are turning the lights back on.

We are going to analyse how your wounds (Rejection, Abandonment, Humiliation) turned into computer instructions for what I call the “Coders of Reality”.

I. The Signal (S) and the “Interference”: Radio Linh

Imagine that you are a broadcasting radio station. You transmit a signal 24/7 into the quantum field. This signal is made up of your thoughts (10%) and your deep emotions/unconscious beliefs (90%).

The “Coders of Reality” (the agents of the Universe) listen to this radio and build your life according to the music they hear.

A. The Conscious Signal (What you think you are asking for)

If I ask you what you want, you will probably tell me:

- “I want joy.”
- “I want to get out of boredom.”
- “I want to have confidence in myself.”
- “I want to feel useful and alive.”

That is your morning show, the one you listen to rationally. It is the desire of the 58-year-old adult woman.

B. The Unconscious Signal (What you truly vibrate)

But in the background, there is a pirate frequency. A night-time broadcast, muffled, powerful, which has been playing on a loop since you were 5 and above all since you were 11 (the drowning). Here is what the Coders of Reality really hear:

1. The Signal of Illegitimacy: “I am the one who survived in place of the other (my brother). I shouldn't be here. If I take up too much space, if I shine too brightly, I betray the dead.”

- **Command sent to the Universe:** “Keep me small. Keep me hidden. Sabotage my great successes (like medicine) because success is dangerous.”

2. The Signal of Defilement (linked to the uncle): “My intimacy is an invaded territory. Love is associated with abuse or shame.”

- **Command sent to the Universe:** “Put distance in place. Create barriers. Don't let anyone in too deeply.”

3. The Signal of Waiting (linked to exile): “I am the one who waits for someone to come and get her (in Cambodia, then in France).”

- **Command sent to the Universe:** “Create waiting. Create stagnation. Block movement.”

C. The Result: “Vibrational Interference”

That is why you feel “stuck”. It is not because you lack talent, it is because you are sending two contradictory orders at the same time!

- You press the accelerator (“I want to do things!”)
- You pull the handbrake with all your strength (“I don't deserve to live fully!”)

The Universe, confused, sends you back a reality that corresponds exactly to this mixture: a life where nothing really moves, a life on “stand-by”, a waiting room that is comfortable but grey. The boredom you suffer from is the physical materialisation of this stalemate between your desire for life and your prohibition against living.

II. The Coders of Reality: Your Zealous Servants

It is crucial, Linh, that you understand that the “negative” events of your life were not inevitable fate. The Coders of Reality simply obeyed your survival programming.

Let us look at your two greatest “tragedies” through the lens of the TCR Matrix.

1. Failing the Medical School Entrance Exam

You were brilliant. You were valued for your intellect. So why this failure?

The Coders of Reality executed a **Protection** programme.

- If you had become a doctor, you would have become an “Official Healer”, a powerful authority figure, a “Saviour”.
- Yet your unconscious carried the belief: “I couldn't save my brother. I am a bad saviour.”
- Becoming a doctor would have confronted you every day with life and death, reactivating your original trauma of the drowning.

- So your unconscious “organised” this failure (through stress, blockage, or circumstances) to protect you from this unbearable confrontation. It steered you towards a role in the shadows (an assistant), safer, less exposed to the guilt of “deciding who lives and who dies”.

2. Early Widowhood

This is the most delicate point, and I am writing it to you with infinite gentleness. No one is “responsible” for another person's death in the guilty sense of the word. But in the vibrational Matrix, souls make agreements.

- Your dominant vibration was Abandonment and Loneliness (“I am alone in the face of danger”, a programme installed in Cambodia at the age of 5).
- For this belief to be validated (for you to be “right” to feel alone), your partner had to leave.
- Your soul and your husband's soul played out this score. His departure plunged you back into your “vibrational comfort zone” (which is in fact a familiar zone of discomfort): that of the woman alone who must hold her family up at arm's length, just as you did as a child for your parents when you arrived in France.

Do you see? There is no such thing as chance. There are only unconscious loyalties to scripts written in childhood.

III. The Echo (E): Your Body and Your Life as Feedback

TCR teaches us that “**The Environment is an Echo**.” Everything around you and everything happening in your body is a coded message telling you where you stand vibrationally.

Let's look at your physical symptoms and your current situation as messages from your soul flashing on the dashboard.

The Echo of the Body: Diabetes and Sugar

Type 2 diabetes is the perfect Echo of your Rejection Wound and of your inner Cold War.

- Sugar is life energy, it is love, it is sweetness.
- In diabetes, sugar stays in the blood but does not enter the cells.
- **TCR translation:** “Linh, you are surrounded by love (your children, life), but you refuse to let it in ‘into your cells.’ You keep yourself at a distance from sweetness.”
- Your body is telling you: “I am hungry for love, but I have forbidden myself to take it in because I believe I don't deserve it.” Every insulin shot is a reminder that you must learn to love yourself, unconditionally, without needing to “do” something in order to be loved.

The Echo of the Body: The Right Shoulder and the Shoulder Blade

The right shoulder is linked to Doing, to action, and to the masculine (father/husband/brother).

- The pain is telling you: “You are carrying a burden that is not yours.”

• You are still carrying your brother's coffin. You are still carrying your mother's distress (her suicide attempt). You have been carrying the administrative responsibilities of the whole clan since you were 10.

• The Reality Coders are sending you this pain to force you to lay down your arms. As long as it hurts, it means you are trying to carry the world instead of letting life carry you.

The Echo of Life: Stagnation and Boredom

You complain that you are bored. But in TCR, boredom is a **Luxury of Safety**.

• After war, exile, the camps, abuse, death... dead calm is what your nervous system has been asking for for decades: “Please, no more drama!”

• The Reality Coders granted your wish: they created a life in which “nothing” serious happens.

• Today, this Echo is suffocating you because you have healed and you are ready for adventure, but you haven't yet sent in the new order. You are still receiving yesterday's newspaper.

IV. Observation (O): The Lever of Change (The Magic Key)

How do you get out of the Matrix? How do you reprogram the Coders?

The secret lies in the third term of the TCR equation: **Observation (O)**.

Reality is not fixed. It sets the moment you look at it, and according to *how* you look at it. As long as you observe your life through the glasses of the “Victim” (“Poor me, I've failed at everything, I'm alone”), you are ordering the Coders to serve you another helping of “Poor me” tomorrow.

The Change of Perspective (The “Shift”)

The miracle begins when you change the label you put on your story.

• **Old Observation:** “My brother died, it is an unjust tragedy that broke my mother and loaded me with guilt.” -> Result: Sadness, punishment.

• **New Observation (TCR):** “My brother's soul chose to leave in order to give me a lesson in autonomy. He sacrificed himself so that I would be forced to become strong. His death is not a mistake, it is a spiritual act of love to propel me toward my own light. I honor him by living, not by slowly dying.”

Can you feel the vibrational difference?

In the first version, you are a guilty survivor. In the second, you are an **Initiate**, entrusted with a mission by your brother's soul.

• **Old Observation:** “I am a useless widow who is bored.”

• **New Observation (TCR):** “I am a woman who has completed her cycle of duties (children raised, husband accompanied). I am now in the fertile void, the

blank page. This boredom is the space the Universe is giving me to create my final masterpiece: Myself."

The Revelation of the "Strong Head"

You said: "I was strong-headed, not someone to be pushed around."

You may have seen this as a flaw (it created conflicts with your mother).

But in reality, it is your **Superpower**. It is the gift the Reality Coders left you. If you hadn't been "strong-headed," you would have gone under. You would have collapsed in the refugee camp. You would have been crushed by your uncle's abuse.

This rebellion is your **Sacred Fire**. Until now, you have used this fire to defend yourself (against your mother, against life). Now it is time to use this fire to **Create**.

The Matrix is awaiting your new orders, Linh. The Coders are at the keyboard, fingers suspended, waiting for you to stop broadcasting "Radio Guilt" and tune in to "Radio Joy."

You have the power to hack your own system. You always have. But you were afraid that your light would burn others. Today, you know that your light is meant to warm them, and above all, to warm you.

Part 4: The Rebirth Protocol - Becoming a Creator

My dearest Linh,

Here we are at the top of the mountain. We have crossed the valley of your memories, explored the caves of your wounds and decoded the secret language of your soul. You have seen the mechanisms. You have understood why boredom, illness and the feeling of powerlessness settled in.

But understanding is not enough. As we say in TCR: "**Information without Transformation is nothing but Rumor.**"

You are no longer the victim of the default program installed in the refugee camp or during that failure in medical school. You are an awakened consciousness. From this very second, you have the power to reprogram the "Coders of Reality." They are waiting for your instructions. They do not judge your past; they are simply waiting for the Queen (you) to give new orders for the future.

Here is your **Rebirth Protocol**. It is tailor-made for your story, your "strong-headed" vibration (which is a blessing!) and your sensitivity.

I. The New Positioning (P): Changing Your Vibrational Identity

To change your reality (your health, your boredom, your confidence), you must change your Identity (**I Am**). As long as you define yourself as "Widowed, sick, bored," that is what you will receive.

A. The Burial of the Old Identity

We must say goodbye, with love, to the woman you have been.

- **The Old Identity:** "I am Linh, the guilty survivor. The one who failed her calling as a doctor. The one who waits for life to pass so as not to disturb the dead. The one who is useful to others but useless to herself."
- **Why we let it go:** This costume is too small for you. It protected you when you were a child, when you had to make yourself forgotten to survive your uncle or the war. But today, this costume is suffocating you (literally: your lungs, your shoulder).

B. The Birth of the New Identity

Who are you really, if we take away the fear? You are a **Warrior of Light**. You have crossed borders, cultures, bereavements. You are an **Alchemist**.

- **New Identity:** "I am Linh, the Solar Matriarch. The one who transformed the lead of war into the gold of wisdom. I am the Healer of my own lineage. I am legitimate, vibrant and sovereign."

C. Your Reprogramming Mantra (The Source Code)

You will use this text as a secular prayer, to read every morning in front of your mirror, looking yourself in the eyes (this is the “Mirror Work” exercise). It will engrave the new program into your cells.

The Phoenix Mantra:

> ***“I, Linh, here and now, revoke all the vows of silence, smallness and guilt that I may have made, consciously or not, since my birth in Vietnam.***
>
> ***I ask my body for forgiveness for having denied it gentleness. I ask my heart for forgiveness for having closed it out of fear of suffering.***
>
> ***I release my older brother from my grief. I understand today that his death was not a rejection of my life, but an invitation to live doubly: for him and for me. I love you, and I let you go into the Light.***
>
> ***I release my mother from my expectations. I give her back her pain; it no longer belongs to me.***
>
> ***I am not a failed doctor; I am a healer of the soul in the making.***
>
> ***I am worthy of sweetness (goodbye diabetes). I am worthy of support (goodbye shoulder pain).***
>
> ***I am alive. I am powerful. I am Linh.”***

II. “Confront and Replace” Protocol: Clearing the Residues

You will encounter “residues” of the old program. Here is how to deal with them concretely. It is a daily spiritual hygiene.

1. Facing Guilt and the Ghost of Your Brother

This is the keystone. As long as you feel guilty for being alive, you forbid yourself happiness.

- **The Trigger:** When you feel intense joy and suddenly you feel bad or you stop (self-sabotage). Or when you think of him with heaviness.
- **The Action (Confront):** Close your eyes. Visualize your brother at 11 years old. But do not visualize him drowned. Visualize him smiling, luminous, in full health in the other world.

• **The Replacement (Replace):** Imagine him looking at you and saying: “Linh, my sister, your happiness is my most beautiful tribute. Don't waste your chance. Live for both of us! Shine!”.

• Feel his permission. Transform the guilt into a **Mission of Joy**. You have a duty to be happy to honor his sacrifice.

2. Facing Illness (Diabetes and Pain)

Your body is starving for sweetness.

• **The Trigger:** When you have to take your medication, or when your shoulder hurts.

• **The Action (Confront):** Don't say “Ugh, this problem again.” Place your hand on your pancreas (belly) or your shoulder.

• **The Replacement (Replace):** Speak to your organ as you would to a wounded child (it is little 5-year-old Linh in Cambodia). Tell it: “I know you are afraid. I know you have lacked sweetness. I am here now. I am your inner mother. I will bring you sweetness in other ways than sugar. I will bring you tenderness, massages, beauty.”

• **Concrete ritual:** Every day, give yourself a moment of gentleness that has nothing to do with food. A bath, listening to soft music, massaging your feet, gazing at a flower. It is the vibrational antidote to diabetes.

3. Facing Boredom and “I don't know what to do”

Boredom is the mask of the fear of failure.

• **The Trigger:** You go around in circles, you tell yourself “What's the point?”, you feel the emptiness.

• **The Action (Confront):** Recognize that this is not emptiness, it is **Space**. The Universe has made room for something new.

• **The Replacement (Replace):** Use Mel Robbins' 5 Second Rule. As soon as you feel the slightest urge (e.g. “hey, what if I went out for a walk”, “what if I read that book”), count: 5, 4, 3, 2, 1 and GO. Move your body before your brain explains to you why it's pointless. Action kills doubt.

III. Managing the Environment (The Current Echo): Reorganizing Your Kingdom

You are the Queen of your kingdom, but you sometimes behave like the servant. It is time to put the crown back on.

A. With Your Children and Family (Cutting the Toxic Cord)

You have been the administrative pillar, the “Strong Head” who handles everything.

• **The Observation:** By continuing to handle everything or to worry about them, you keep them in a form of dependence and you wear yourself out (shoulder pain = too many burdens).

• **The New Rule:** You must move from the role of “Mother Hen / Secretary” to the role of “Wise Mother / Inspirer”.

• **The Action:** When someone asks you for help with something they can do on their own, answer with love: “I trust your ability to handle this. As for me, I need to take care of my personal project today.”

• This will shock them at first. That's normal. But by seeing you take care of YOURSELF, you give them the most beautiful lesson in upbringing: self-respect.

B. Your “Life Project” (The Soul Mission)

You say you have “no profession”. That's not true. You have a calling. You failed medical school, but you did not fail in your ability to heal.

• **The Path:** You have immense sensitivity (hidden beneath the shell). Your story (survivor, resilience) is medicine for others.

• **The Creative Action:** I invite you to begin a “Work of Memory and Healing”.

■ It can be writing (writing your story for your grandchildren, to free the words that were never spoken).

■ It can be getting involved in an association (helping those who arrive, as you once did).

■ But above all: Learning to heal yourself. You could train in gentle techniques (Reiki, magnetic healing, meditation). It would be a beautiful way to overcome the failure in medicine: becoming a healer through energy and the heart, not through chemistry.

• **Immediate challenge:** Find an activity purely for pleasure (dance, painting, walking with a club). Something where you are useful to no one but your own joy. It is vital.

C. The Physical Environment

Your living space must reflect your new vibration.

• Do a big clear-out. Everything that reminds you of the heavy, sad periods, or of “sacrifice”, must be cleared away.

• Let the light in, bright colors (not just gray or beige). Buy yourself flowers every week. It is a message to the Codifiers of Reality: “Here lives a woman who celebrates the beauty of life.”

IV. Final Conclusion: The Flight of the Lotus

Linh,

We are coming to the end of this profile. I wrote these words, but it was your soul that dictated them to me.

Look at how far you have come.

You were born in the warmth of Vietnam. You were torn from your land.

You were a little girl alone in Cambodia, waiting for parents who were slow to come.

You were prey to a predatory uncle, but you survived.

You saw your brother disappear into the waters, and you carried the guilt of remaining on the shore.

You crossed the world to arrive in France, in the cold, and you built a life.

You wanted to be a doctor; the door closed.

You loved a man; he left too soon.

You raised four children; you held the helm.

And today, you judge yourself harshly because you are “bored” or because you “lack confidence”?

But Linh, **realize your greatness!**

You are a monument of resilience. If you have survived all of this, it is not to end your days in the greyness of a silent living room. It is because Life has an immense plan for you.

The first part of your life was under the sign of **SURVIVAL** (Fighting, carrying, resisting, “Strong-Headed”).

The second part of your life, which begins **now**, is under the sign of **LIFE** (Welcoming, letting go, creating, “Open Heart”).

The Coders of Reality are ready. They have wiped the slate clean.

Your brother is smiling at you from up above. Your mother did her best with her own demons. Your husband is watching over you.

Everything is forgiven. Everything is as it should be.

Only one thing is missing for the magic to happen: **Your YES**.

A great YES to life. A YES to your own worth. A YES to gentleness.

Lift your head, Linh Beaumont. You are not an abandoned little girl. You are not a useless widow.

You are a **Queen of Wisdom**. You are the one who knows what life costs, and who therefore chooses to cherish it.

Go, and show the world (and above all yourself) with what colours your soul is capable of painting the horizon.

I believe in you, infinitely.

With all my love and my faith in your rebirth,

Alexandre Anatman